



INJURY PREVENTION FOR ATHLETES

Precautions should always be taken to avoid injuries. As you know, one injury could cost you a game or even a full season. By following these tips, you will be less likely to get injured while training, practicing or playing your favorite sports.

- Wear the proper gear
- Athletes should always dress appropriately for their sport. A lot of sports require that you wear protective gear such as helmets, mouthpieces, face guards, protective cups and pads (knee, shin, elbow, chest, shoulder, neck), and you must be sure your gear fits properly.
- Use the correct technique
- Practicing the correct form or technique will not only make you a better athlete, it will also prevent injury.
- Allow your body to rest
- Taking breaks during practice and games can reduce your risk of injury. While determination to be in the game at all times is a great quality, it will take a toll on your body.
- Strengthen your muscles
- Conditioning for your sport is a great way to increase your stamina and strengthen your muscles allowing you to perform better.
- Increase flexibility
- Athletes should not underestimate the importance of stretching. Stretching exercises allow your body and muscles to warm up. Skipping this important step can result in major injuries.
- Avoid dehydration
- Drink fluids before, during and after exercising and games.

DON'T FORGET TO STRETCH!